

MY DIABETIC STORY

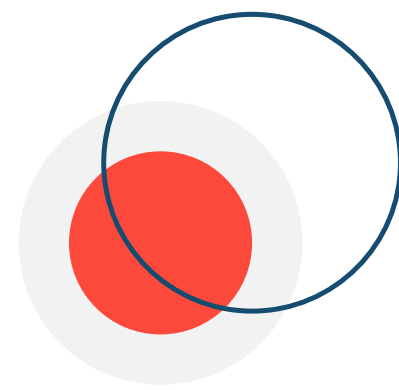
by Robin Metzler

November is National Diabetes Month



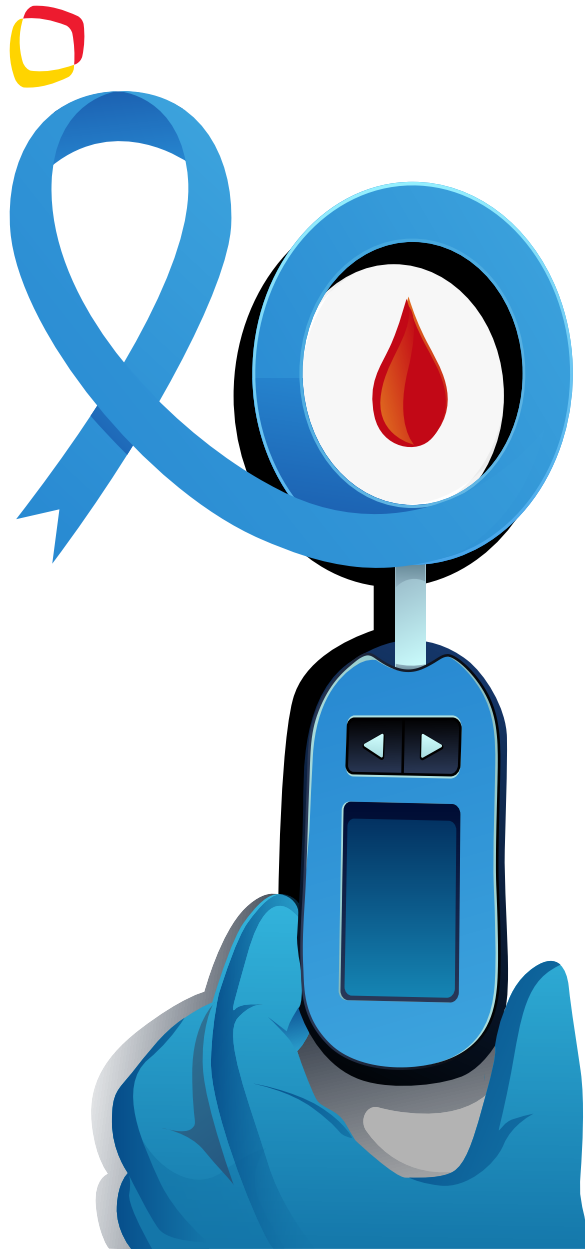


Introduction and story



My name is Robin Metzler and I am a Type 1 diabetic. My story began in 2001, when as a 49-year-old healthy man, I was diagnosed with Diabetes Mellitus – also known as Type 1 diabetes. I became the proud owner of a useless pancreas. I say that jokingly because it is my way of dealing with a serious life-long chronic condition. Type 1 diabetes usually appears during childhood; however, it can develop in adults. Different factors, such as genetics and some viruses, may cause Type 1 diabetes.





How I manage my diabetes today

1. **MiniMed™ 780G insulin pump with advanced SmartGuard™ technology**
2. **Guardian™ 4 sensor and transmitter with no fingersticks with SmartGuard™ automation**
3. **Medtronic Extended™ infusion set for up to 7 days of wear**
4. **MiniMed™ Mobile app**
Allows patients to view glucose levels, pump information, and insulin data on their phone.

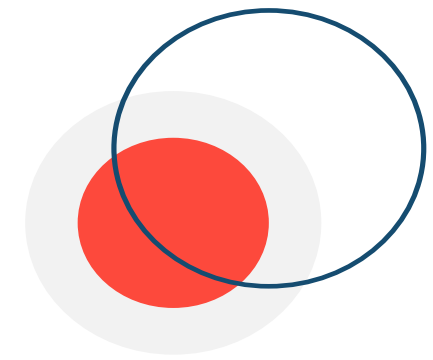




What is Diabetes

- Diabetes is a disease that occurs when your blood glucose is too high.
- Glucose is your body's main source of energy.
- Your body can make glucose, but glucose also comes from the food you eat.
- [Insulin](#) is a [hormone](#) made by the [pancreas](#) that helps glucose get into your cells to be used for energy.
- If you have diabetes, your body doesn't make enough—or any—insulin, or doesn't use insulin properly. Thus, glucose levels rise and do not reach your cells.





What are the different types of diabetes?

The most common types of diabetes are Type 1, Type 2, and Gestational diabetes.

Type 1 diabetes

- If you have [Type 1 diabetes](#), your body makes little or no insulin.
- Your [immune system](#) attacks and destroys the cells in your pancreas that make insulin. **(Autoimmune disorder)**
- Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age.
- People with type 1 diabetes need to take insulin every day to stay alive.





What are the different types of diabetes? (cont)

Type 2 diabetes

- If you have [Type 2 diabetes](#), the cells in your body don't use insulin properly.
- The pancreas may be making insulin but is not making enough insulin to keep your blood glucose level in the normal range.
- Type 2 diabetes is the most common type of diabetes.
- You are more likely to develop type 2 diabetes if you have [risk factors](#), such as [overweight or obesity](#), and a family history of the disease.





What are the different types of diabetes? (cont)

Gestational diabetes

- [Gestational diabetes](#) is a type of diabetes that develops during pregnancy.
- This type of diabetes typically goes away after the baby is born.
- If you've had gestational diabetes, you have a higher chance of developing type 2 diabetes later in life.
- Sometimes diabetes diagnosed during pregnancy is type 2 diabetes.





What are the different types of diabetes? (cont)

Prediabetes

- People with [prediabetes](#) have blood glucose levels that are higher than normal but not high enough to be diagnosed with type 2 diabetes
- If you have prediabetes, you have a higher risk of developing type 2 diabetes in the future.
- You also have a higher risk for heart disease than people with normal glucose levels.





How common are diabetes and prediabetes?

- [More than 133 million Americans](#) have diabetes or prediabetes.
- As of 2019, 37.3 million people—or 11.3% of the U.S. population—had diabetes.
- About 90% to 95% of diabetes cases are type 2 diabetes.
- In 2019, 96 million adults—38% of U.S. adults—had prediabetes.

Source: NIDDK – National Institute of Diabetes and Digestive and Kidney Diseases



SYMPTOMS of Type 1 Diabetes

01. Unexplained Weight Loss

02. Blurred Vision

03. Numbness

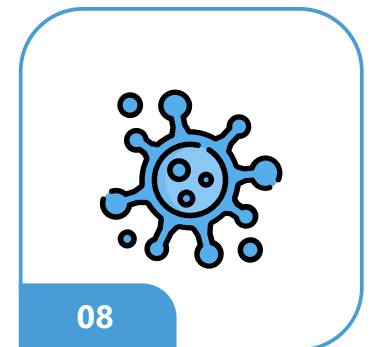
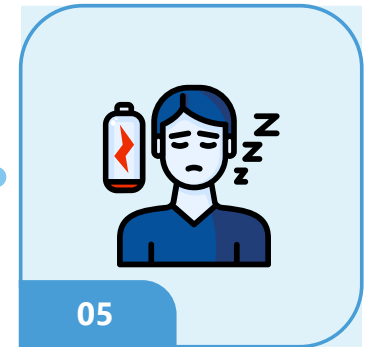
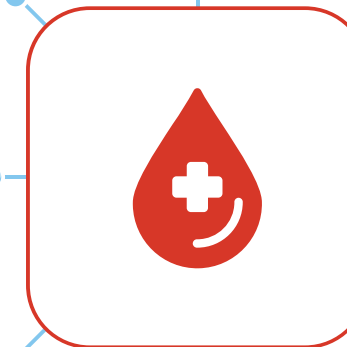
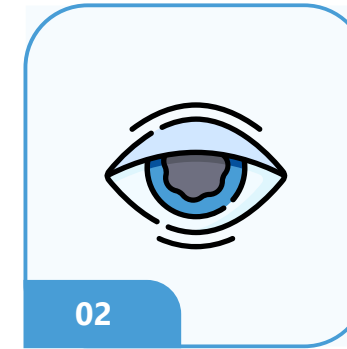
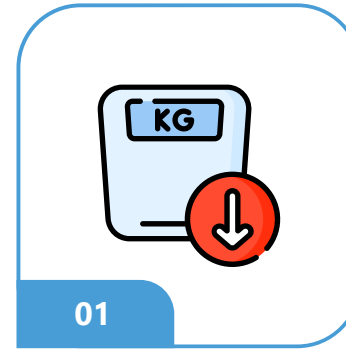
04. Slow Wound Healing

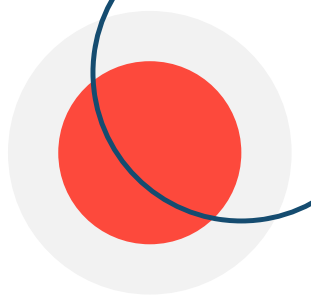
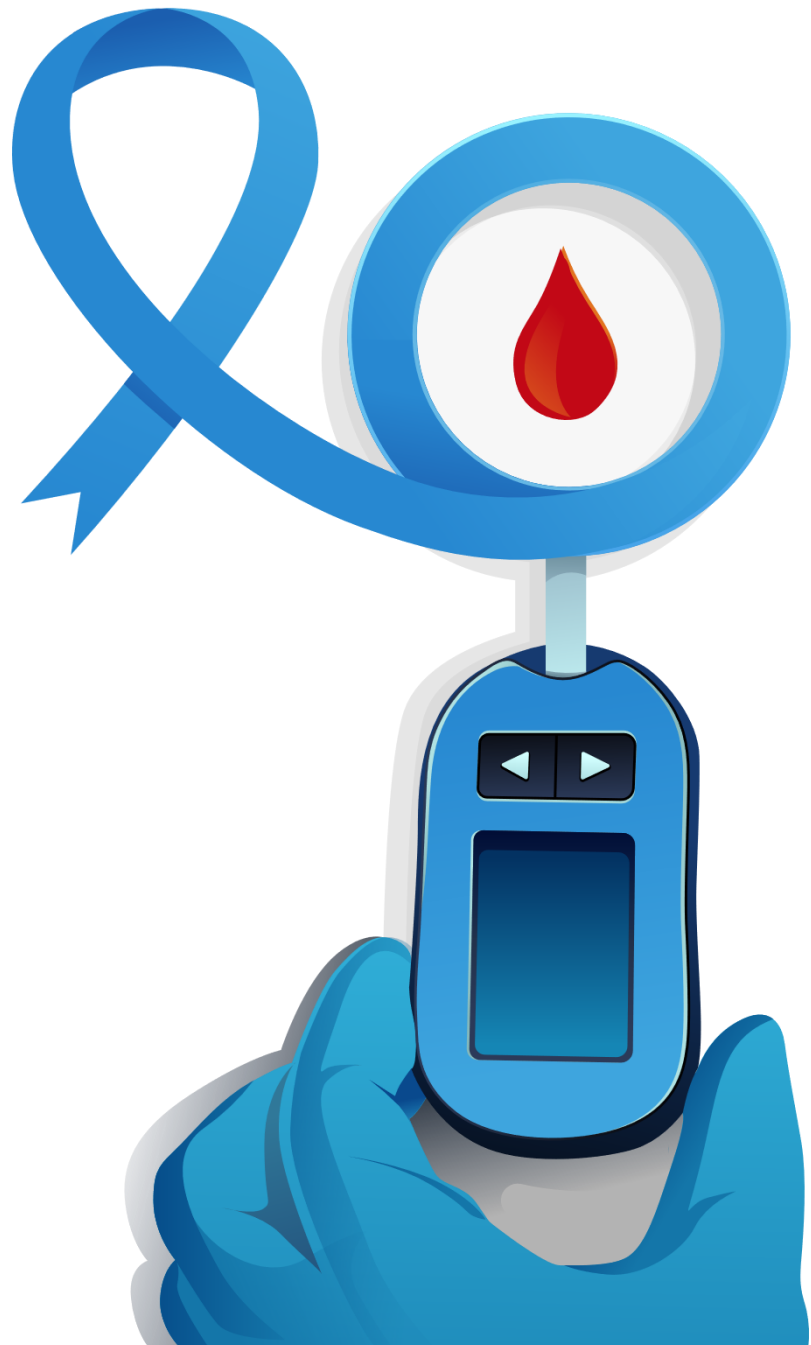
05. Fatigue

06. Excessive Thirst

07. Frequent Urination

08. Recurrent Infections





SYMPTOMS of Type 1 Diabetes (cont)

Sometimes the first symptoms of type 1 diabetes are signs of a life-threatening condition called [diabetic ketoacidosis \(DKA\)](#)

Some symptoms of DKA include:

- breath that smells fruity
- dry or flushed skin
- [nausea](#) or [vomiting](#)
- stomach pain
- trouble breathing
- trouble paying attention or feeling confused



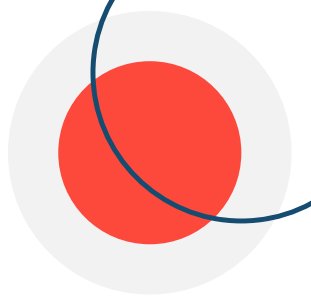


What health problems can people with type 1 diabetes develop?

- heart disease
- stroke
- kidney disease
- eye problems
- dental disease
- nerve damage
- foot problems
- depression
- sleep apnea

If you have type 1 diabetes, you can help [prevent or delay the health problems of diabetes](#) by managing your blood glucose, blood pressure, and cholesterol, and following your self-care plan.





Signs and Symptoms

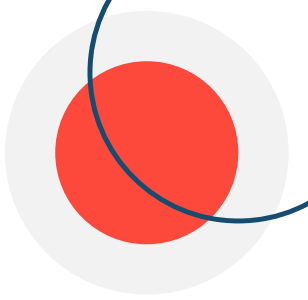
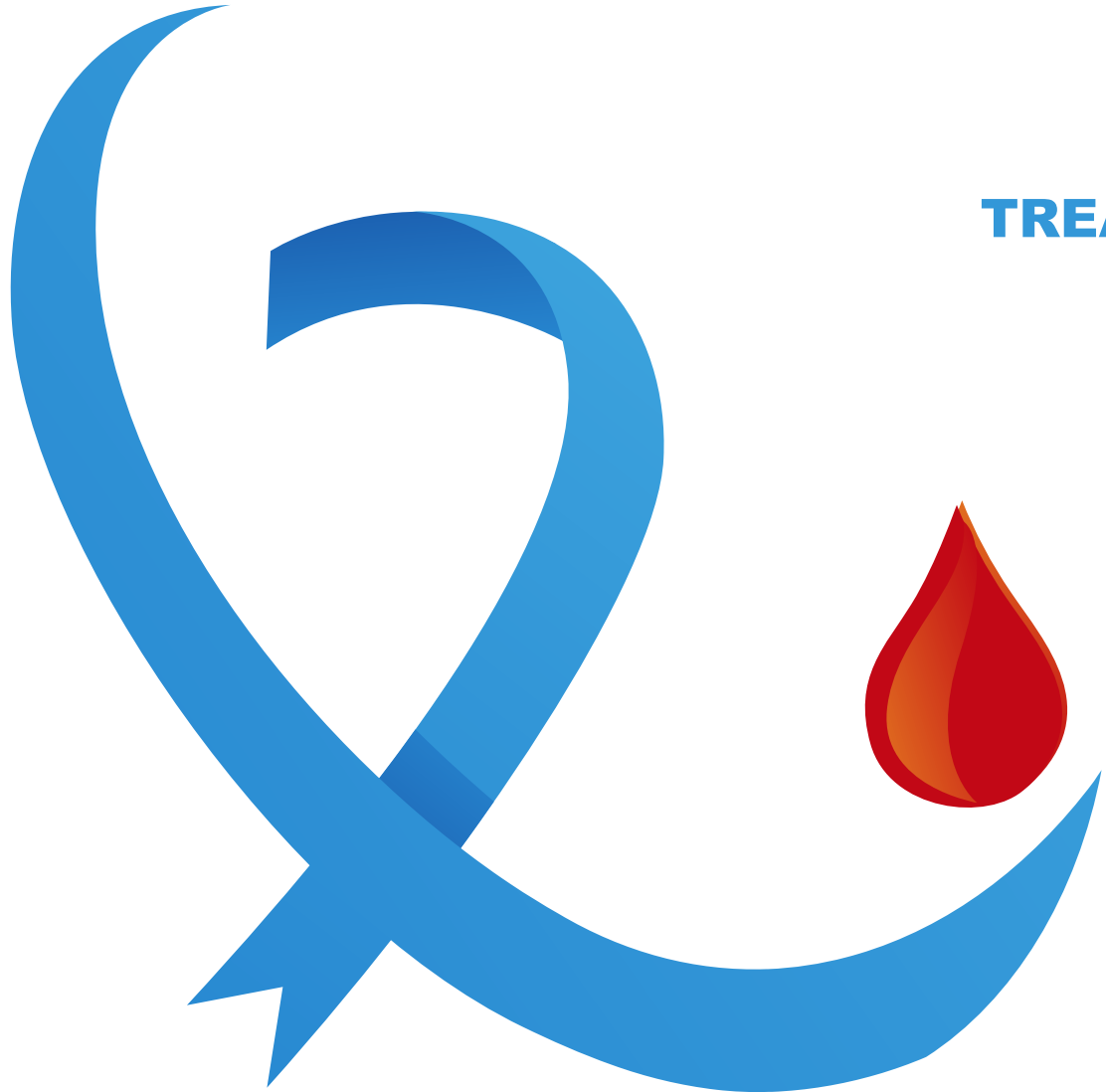
Hypoglycemia (low) and Hyperglycemia (high)

- Shaking
- Sweating
- Hunger
- Dizziness
- Paleness
- Poor Coordination
- Confusion
- Headache
- Nausea
- Thirst / dry mouth
- Frequent urination
- Tiredness
- Insulin Resistance
- SIGNS OF EMERGENCY
- COMA
- RAPID BREATHING
- ABDOMINAL PAIN

**Low blood glucose
(less than 60 mg/dL)**

**High blood glucose
(greater than 200 mg/dL)**

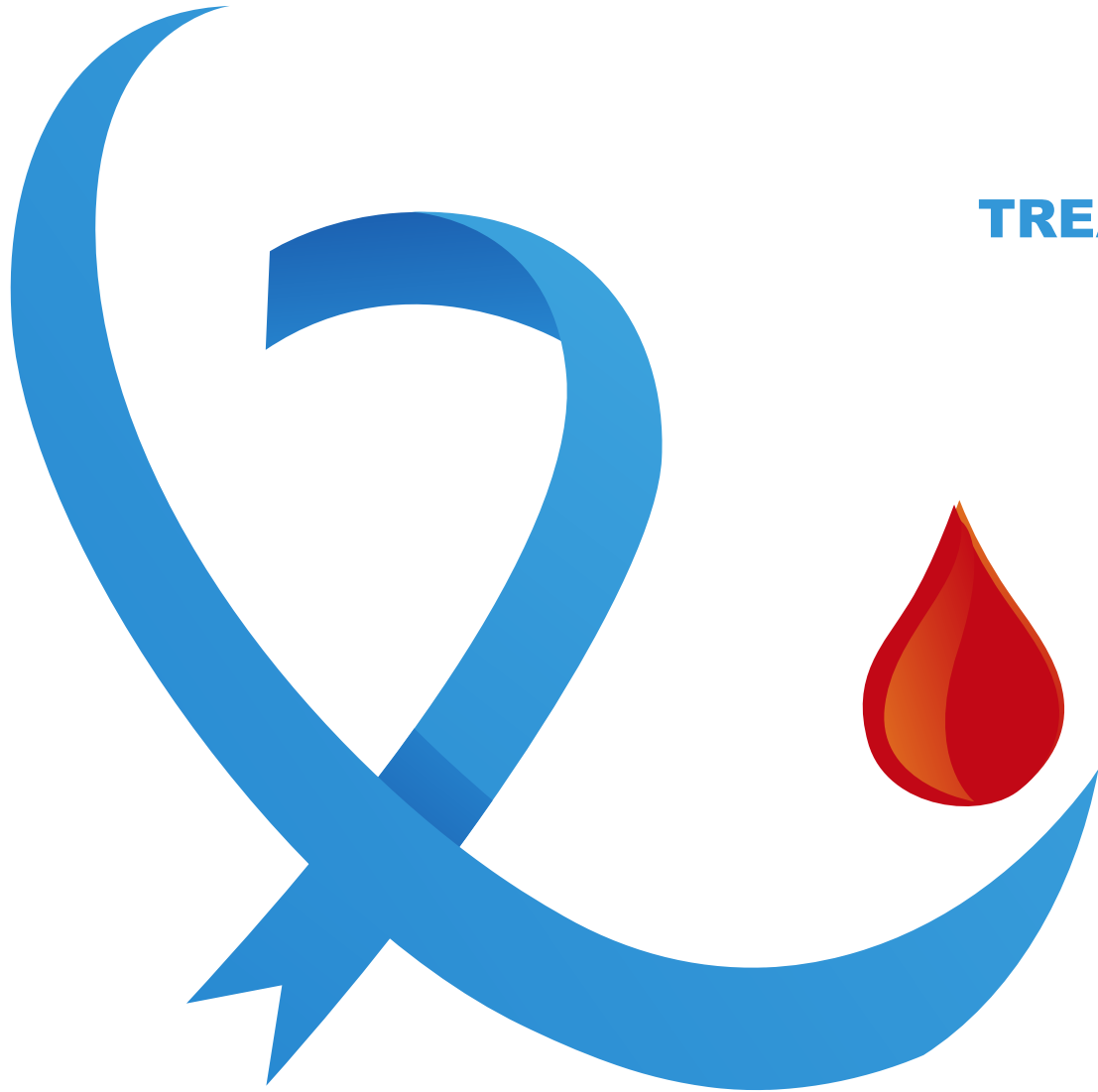




TREATMENT for Hypoglycemia

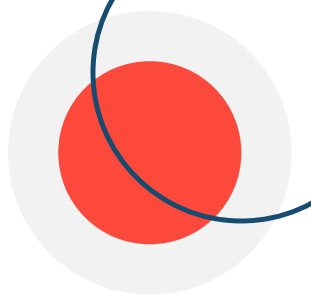
- If blood sugar is below 70, administer 15-20 grams of sugar, wait 15 minutes, then test blood sugar again
- Best forms of sugar:
 - ½ cup of regular soda or juice
 - 4-6 pieces of hard candy
 - Glucose tablets or gel
 - 1 TSBP of honey or table sugar
- Foods high in fat or fiber take longer to digest and raise the blood sugar
- Glucagon Pen for Hypoglycemia Emergencies

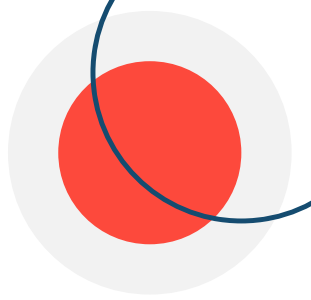
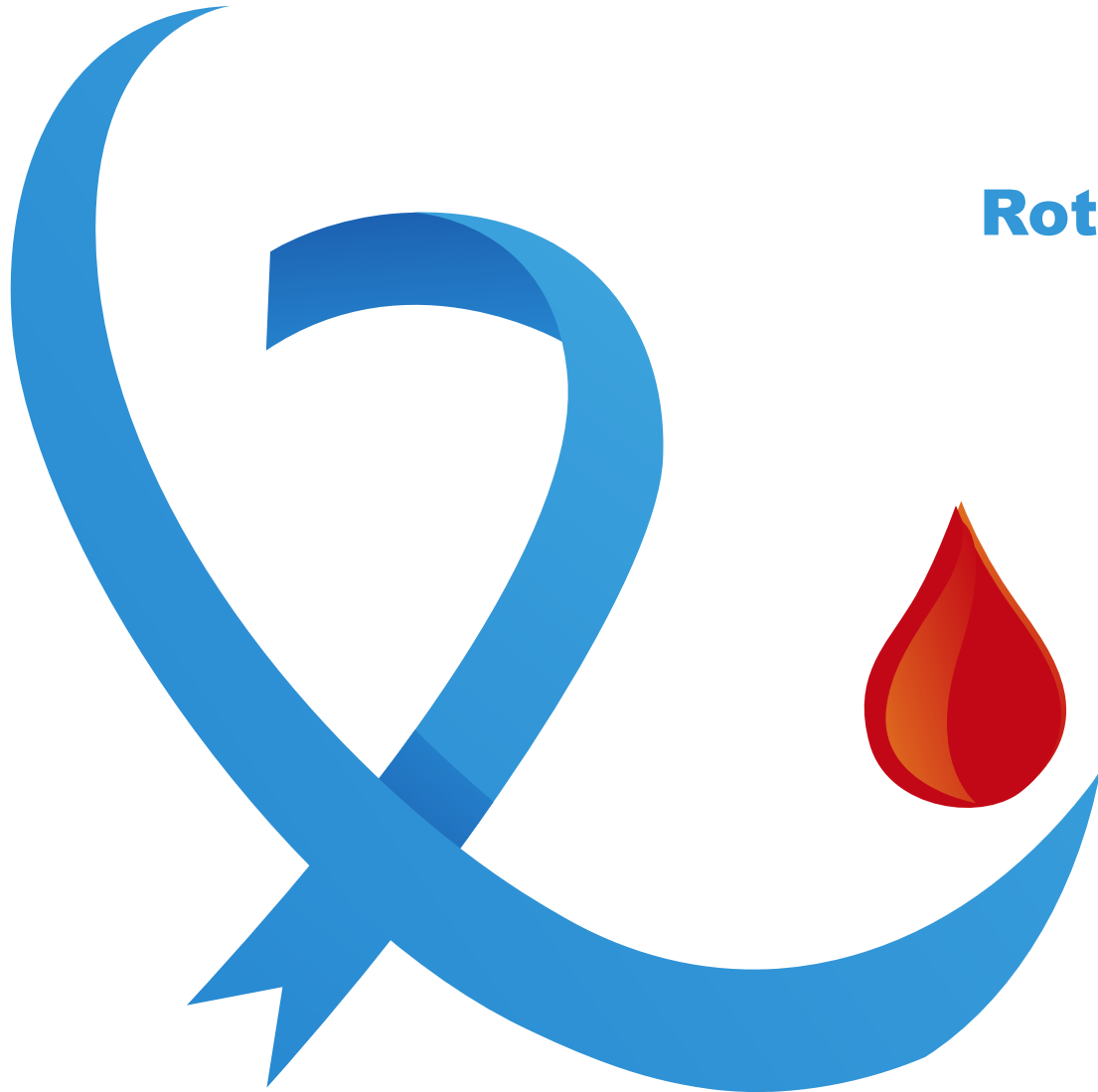




TREATMENT for Hyperglycemia

- Taking medication as directed
- Follow a diabetic diet
- Check blood sugar levels frequently
- Adjust insulin doses
- Exercise





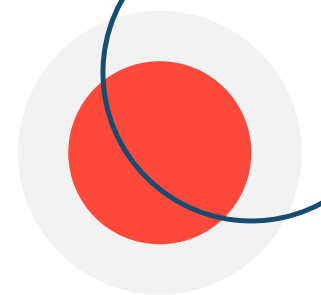
Rotary Action Group for Diabetics

- <https://rag-diabetes.org/>

[Rotary Action Group for Diabetes](#) aims to address the [Global Diabetes Epidemic](#) by raising awareness to the humanitarian hearts and minds of 1.4 million members of Rotary International and other individuals and organizations who would like to join our efforts in our [Areas of Focus](#).

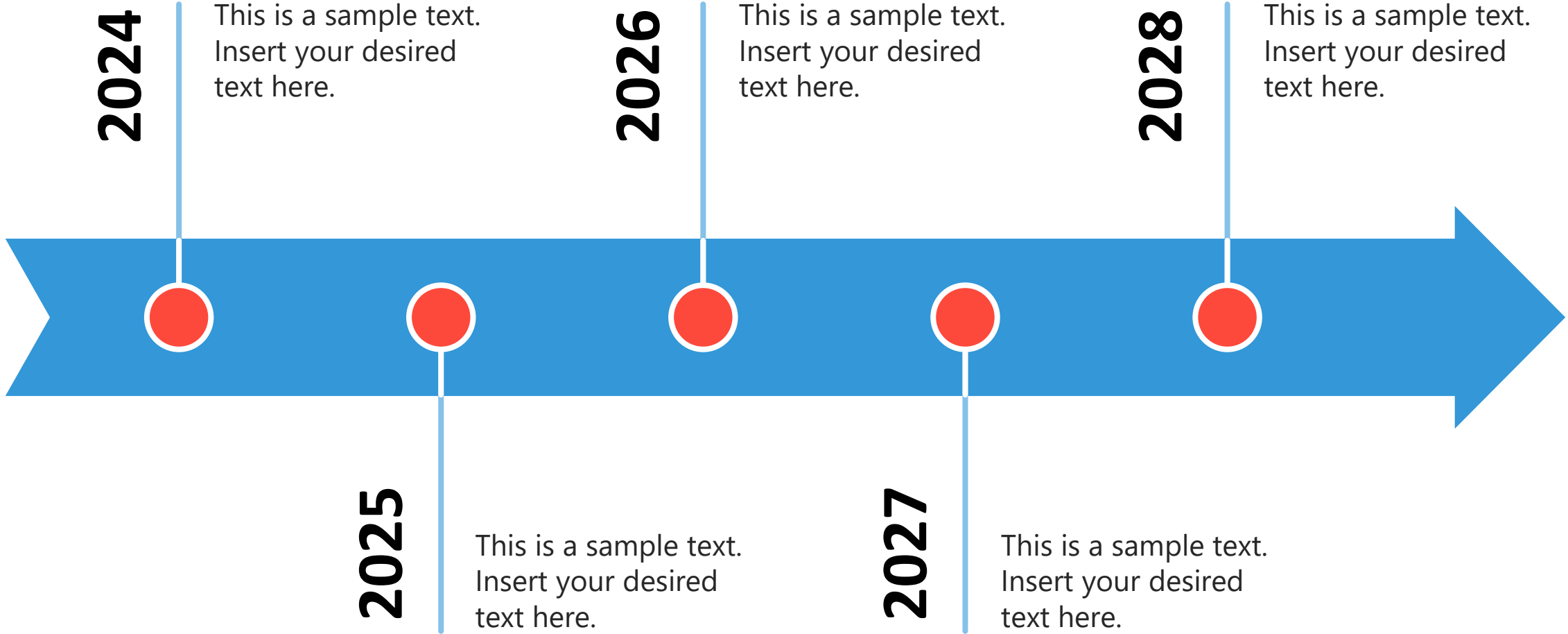
[Learn](#) and [Get Involved](#). [Join Us](#). Together, Let's End Diabetes.

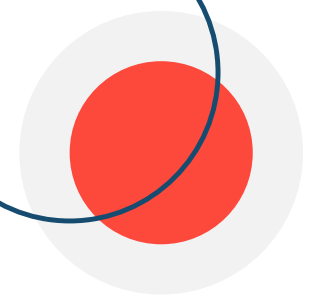




THANK YOU
Questions?



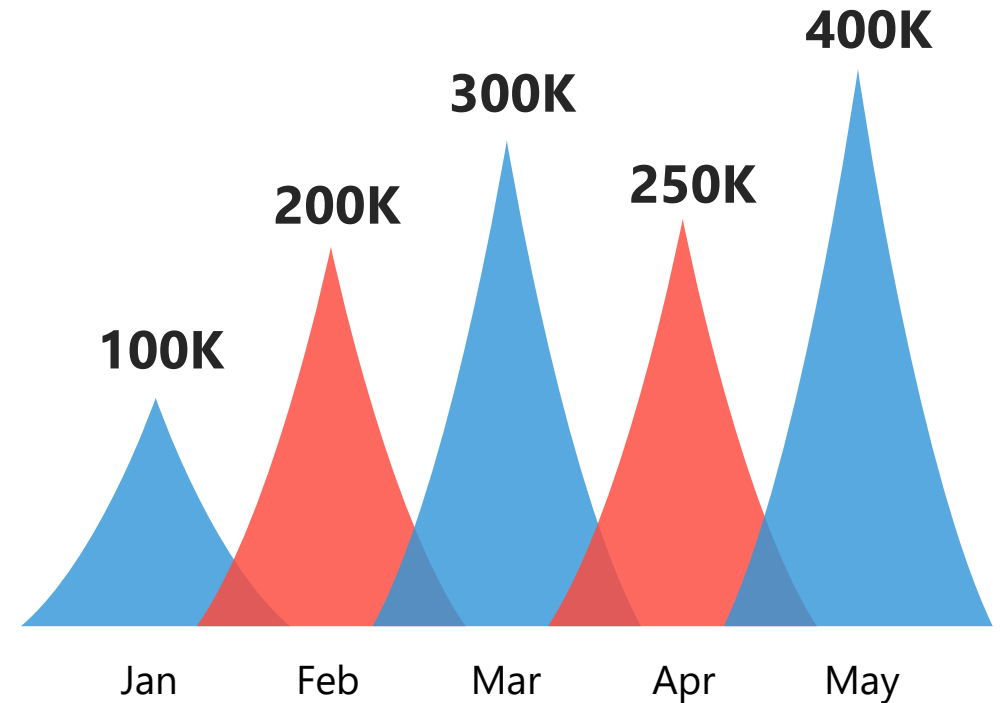


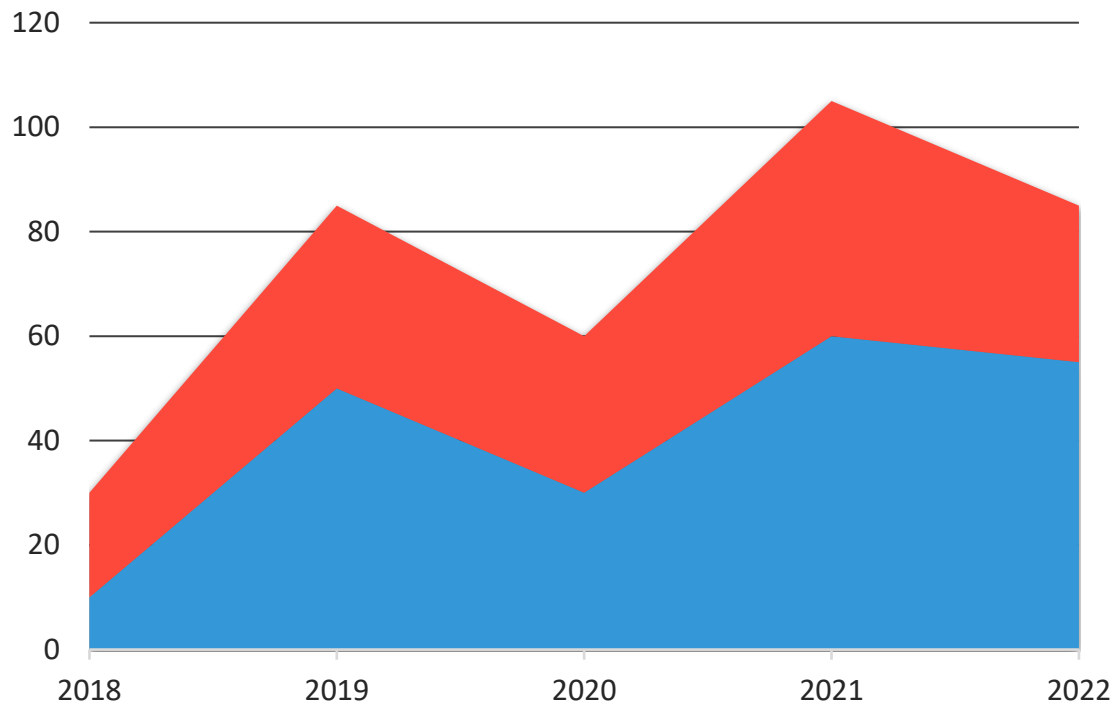
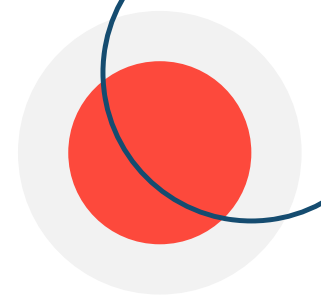


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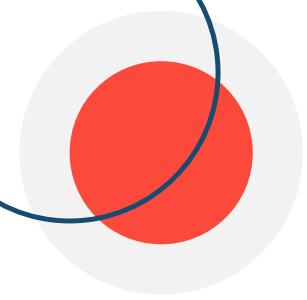
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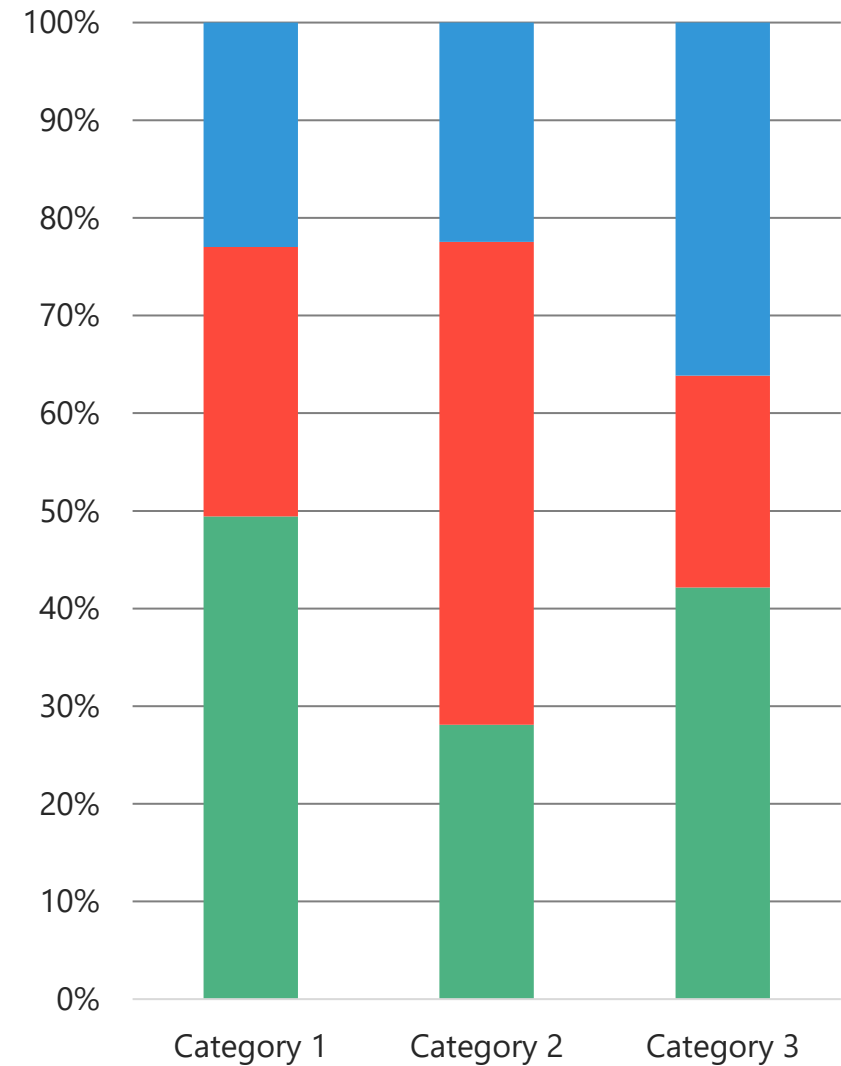




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